



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

US...



IS A POSSIBILITY

YMCA OF VINCENNES
Summer Program Guide
April 1 - August 31, 2018

OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



YMCA OF VINCENNES

2010 College Avenue, Vincennes IN 47591

P 812 895 9622

E info@vincennesymca.org W vincennesymca.org

HOURS

Monday-Friday	5:30 a.m.-9:00 p.m.
Saturday	6:00 a.m.-6:00 p.m.
Sunday	1:00 p.m.-6:00 p.m.
Easter	CLOSED
Memorial Day	6am-12pm
Independence Day	6am-12pm

vincennesymca.org



Download our
free mobile app!



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FINANCIAL ASSISTANCE:

We believe everyone deserves a Y, so we offer financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. It's easy to apply and, thanks to our generous donors, we do everything we can to create a place for everyone. Contact Abby Carrie to learn more.

JOIN OUR CAUSE

Membership at the Y is a special thing. Be a part of a leading nonprofit charity working to strengthen our Knox County community through youth development, healthy living and social responsibility.

When you join the Y, you belong to a place where:

- ➔ Parents find a safe, positive environment for children to learn good values and social skills.
- ➔ Families come together and spend quality time with each other.
- ➔ Adults connect with friends and learn how to live healthier.
- ➔ Children and teens play, learn who they are and what they can achieve.
- ➔ Communities thrive because neighbors give back.

Membership Rates	Joiner Fee	Monthly Fee
Youth (0-18)	\$12	\$14
Young Adult (19-24)	\$12	\$25
Adult	\$30	\$37
Family	\$48	\$52
Senior (60+)	\$30	\$35
Senior, Family	\$48	\$48
Walking (19+)	\$12	\$12.50
Genesis Center (Additional Fee)		\$15

Family: Two adults living in the same household and all IRS allowable tax dependents, up to and including the age of 24.

Payment Options

The Y offers two payment options, annual full pay and monthly e-pay from your debit/credit card, checking account or savings account. You may cancel your membership anytime with a 15-day written notice.

BE OUR GUEST

Day Passes allow you to visit us to begin your journey toward a healthier you and enjoy time with family and friends.

Fee:	Youth (Ages 0-18):	\$5
	Adult (Ages 19+):	\$7
	Family:	\$10

PROGRAM INFORMATION

Program Fees

All program and registration fees must be paid in full at enrollment.

Program Punch-Cards

All punch-cards for programs are non-transferable, non-refundable.

Program Enrollment

Enrollment is on a first-come first-served basis.

Program Cancellations

The Y reserves the right to cancel any class based on low enrollment.

Program Credit

Cancellation during the first week of a program requires a 20% service fee from your refund or credit. No refunds or credits are issued after the first week of a program. Programs cancelled due to low enrollment will be refunded or credited in full.

SPECIAL EVENT

Stay up to date on events by visiting our calendar: vincennesymca.org.

Healthy Kids Day - April 21

Join us Saturday, April 21 for a fun family day to promote building healthier, happier kids.



26th Annual YMCA/Memering Motorplex Scholarship Golf Outing - June 20, 2018



Join us and Memering Motorplex for a fun day of golf, food and prizes to raise money to send a kid to Summer Day Camp at the Y! For our 26th year, our goal is to raise \$25,000 to help kids stay activity and learn throughout the summer. To learn how to sponsor, donate or participate in this event, contact Bridgett Bilskie.



American Red Cross

American Red Cross Blood Drive - July 11

Kids Triathlon - July 21

Kids will see it is fun to stay active and compete to better themselves with the Kids Triathlon. Each year a Gregg Park, kids will swim, bike, and run their way to finish line! Event held in July.



YMCA of Vincennes • Good Samaritan • Vincennes Park & Recreation

Fish Fry Fundraiser - August 17

WELLNESS

Wellness Orientation

FREE with every membership. Find out how to safely and properly use all the fitness equipment we have to offer. And how to connect the equipment to apps to track progress and set goals.

Personal Training

One-on-one training and customized routines to help you reach your full potential.

Individual Rate

Fee (1-4 Sessions)

1/2 Hour \$25 each
1 Hour \$35 each

Fee (5+ Sessions)

1/2 Hour \$20 each
1 Hour \$30 each

Group Rate

Fee (1-4 Sessions)

1/2 Hour \$40 each
1 Hour \$55 each

Fee (5+ Sessions)

1/2 Hour \$30 each
1 Hour \$45 each

A physical activity program especially designed for individuals suffering from arthritis, is comprised of three 60-minute classes per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises while building a sense of community and social connectedness among class members. EnhanceFitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis.



Day/Time Mon., Wed. & Fri., 10 a.m.

Fee Member, **FREE**; Non-Member, Must Purchase a Day Pass

Our Y offers SilverSneakers, a wellness program that helps older adults enjoy healthy, active lifestyles. SilverSneakers classes are for the fit and active as well as those unfamiliar with exercise.



SilverSneakers classes are FREE to all Y members. SilverSneakers members may take other fitness classes at the Y by purchasing a fitness card.

SilverSneakers® Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.

Day/Time Mon. & Wed., 11:15 a.m.—12:00 p.m.

Fee Member, **FREE**; Non-Member, Must Purchase a Day Pass

WELLNESS

GROUP FITNESS CLASSES

Improve your health and make friends while having fun. The Y offers group exercise classes on a drop-in basis. Inquire at the front desk or visit us online for the class schedule.

NOW FREE FOR MEMBERS!!

Non-members must purchase a day pass.

Download our FREE mobile app for schedules at your fingertips!

Core De Force

Core-focused workout based on mixed martial arts, combines boxing, kickboxing and Muay Thai moves and more.

Country Heat Live

TURN IT UP TO BURN IT OFF™! This class is a completely exhilarating, country-inspired workout with step-right-in, easy to follow moves.

Cycle45

Enjoy an indoor, non-impact cardiovascular workout that strengthens and tones the lower body. Participants journey across fast flat roads, rolling hills and slow climbs.

Cycle Circuit

A spin class that adds circuit exercises to regular spinning drills. Participants get: progressive hills, steady-state flats and intervals. However, intervals take on a different meaning with added circuits that introduce strength, agility and balance.

FitStrong

Ready to up your game? High energy cardio interval training combining a variety of strength, power, and fun.

Flow Yoga

Slow paced, deep stretching and relaxation. Great for muscle recovery after workouts.

HiiT

Interval training with short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise.

Strength Train Together

Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

Yoga

Classic yoga using postures to release tension and stress, promote flexibility and strength, and restore health and peace of mind.

SWIM

For over a century, our Y has been teaching people to swim. Stay healthy and active with our 25-yard lap swim pool and warm-water therapy pool. Schedules available at the front desk, at vincennesymca.org, or on our free mobile app.

SWIM SESSION DATES

Each session runs 4 weeks with 8 classes. Your choice of Monday and Wednesday, Tuesday and Thursday or Saturday. Minimum enrollment of four required to run classes.

Monday & Wednesday

April 2-25

April 30-May 23

June 4-27

July 9- Aug. 1

Aug. 6-29

Tuesday & Thursday

April 3-26

May 1-24

June 5-28

July 10-Aug. 2

Aug. 7-30

Saturday

April 5-May 23

June 30-Aug. 25

(No Class July 21st)

Youth Swim Lessons

Children become comfortable in the water and progress through swimming movements according to the child's abilities so that they can swim independently. Children learn floating, kicking, water safety, back stroke, breast stroke and rotary breathing while building self-confidence.

Day/Time Mon. & Wed., 6-6:30p.m., Tues. & Thurs., 6-6:30 p.m., Sat., 10-10:30 a.m.

Ages 3 years and older

Fee Member, \$55; Non-Member, \$75

Splash Swim Lessons

Splash sessions run 2 weeks with 8 classes for the summer months.

Day/Time Mon.-Thurs., 10:00-10:30 a.m. or 6:30-7:00 p.m. (Friday as makeup day for weather.)

Ages 3-12

Fee Y Member, \$55; Non-Member, \$75

Session 1-June 11-21; Session 2-June 25-July 6; Session 3-June 9-19

Parent & Child Swim

Helps children become comfortable in the water and teaches swimming readiness activities. Parents bond with their child through songs and fun activities with their child through songs and fun activities.

BEGINS APRIL 3rd

Day/Time Tues. & Thurs., 6-6:30 p.m.

Ages 6 months to 3 years old

Fee Member, \$50, Non-Member, \$70

Private Swim Lessons

For children and adults who want one-on-one lessons to perfect a particular stroke or for the beginner who would feel more comfortable in a private lesson. Contact Tiffany Petts to schedule. Five sessions must be purchased when registering.

Fee Member, \$15 per ½ hr; 2 Members, \$21 per ½ hr
Non-Member, \$21 per ½ hr; 2 Non-Members, \$27 per ½ hr

WATER FITNESS CLASSES

Our shallow water aerobic fitness classes promote cardiovascular health, muscle tone, endurance and flexibility without stress on the joints. Swimming skills are not necessary. Classes run year-round.

Cardio Aquacise - Day/Time Mon., Wed., Fri., 10-10:50 a.m. & Tues., Thurs., 5-5:50 p.m.

Arthritis Aquacise - Day/Time Tues., Thurs. 10-10:50 a.m.

Men's Aquacise - Day/Time Mon., Wed. 9-9:30 a.m.

American Red Cross (ARC) Lifeguarding: Blended Learning

Water safety is our priority. The Y offers American Red Cross lifeguard courses. These classes combine online learning with hands-on sessions held at the Y. **After registering through the Y, you will receive instructions through email to complete online lessons 2 weeks prior to class.**

****Both classes are blended learning which consists of an 8 hr online portion that must be complete prior to the beginning of class.**

ARC Lifeguarding Certification – Everything you need to become a certified lifeguard. Must be able to pass required swim test.

Dates/Times *April 12-15* - Thurs. 6pm-10pm, Fri., 5pm-10pm, Sat., 9am-5pm, Sun., 9am-Completed
May 17-20 - Thurs. 6pm-10pm, Fri., 5pm-10pm, Sat., 9am-5pm, Sun., 9am-Completed
May 29, 30, 31 - Tues., Wed., Thurs., 9am-4pm

Ages 15 and older
Fee \$180

ARC Lifeguarding: Recertification–Review lifeguarding skills and core knowledge required for lifeguard recertification. Certification can't be more than 1 month expired to take class. Proof of current ARC Lifeguarding certification required.

Dates/Times April 27 & 28 - Fri. 5pm-10pm, Sat. 9am-5pm
May 11 & 12 - Fri. 5pm-10pm, Sat. 9am-5pm

Ages 15 and older
Fee \$105

CHILD CARE

Child Watch

**FREE FOR MEMBERS WITH A
HOUSEHOLD MEMBERSHIP!!**

Non-Members must purchase a day pass.

Babysitting for ages 6 weeks to 6 years old while you work or attend a class at the Y.

Hours Mon.-Sat., 8:00 a.m.–12:00 p.m. and Mon.-Thurs., 5:00–7:30 p.m.

Summer Day Camp – Financial Assistance Available.

Kids from Kindergarten through 6th grade will enjoy learning, meeting new friends, and have a great time at the Y this summer. Field trips, guest speakers and plenty of activity will keep your child busy this summer!

Day/Time Mon.-Fri., 6 a.m.–6 p.m.

Dates May 29-Aug. 8 (Closed Memorial Day and July 4)

Ages Entering Kindergarten through entering the 6th Grade

Registration Fee \$30 per Child, \$50 per Family

Part-time and Full-time rates available and multi-child discount.

DOWLOAD CAMP HANDBOOK @ vincennesymca.org



Afterschool Child Care

During the school year we provide care for kids with fun, creative activities and active play. Transportation from South Knox and Vincennes Community schools provided. **Financial Assistance Available.**

Day Mon.-Fri. 2:30–6 p.m.

Fee Member, \$10; Non-Member, \$15

Registration Fee Individual, \$30; Family, \$50

SPORTS AND PLAY

ADULT CO-ED VOLLEYBALL LEAGUE

Gather your friends and co-workers for fun competitions this Spring for our Adult Co-Ed Volleyball League. League will run 8 weeks with a single elimination tournament.

Deadline to register is April 22.

Day/Time	Tuesdays and Thursdays
Age	18 and Older
Fee	\$200 per 12 person team

RACQUET BALL COURT

For a little friendly competition, invite your friends to a game of racquet ball at the Y. A court is available for use during open hours. Equipment is available at the front desk.

PICKLEBALL COURT

NEW Pickleball court has been added to Gym 2. The court is available on a first come, first serve basis. Equipment is available at the front desk.

Day/Time	Mon.,-Fri. 9:00-11:00am
Ages	All Ages are Welcome
Fee	FREE for Members; Non-Members Purchase a Day Pass

PRESCHOOL OPEN GYMNASTICS

Play time for kids and parents! Y staff are on hand for instruction. An adult must accompany children.

Day/Time	Mon., Wed. & Fri., 10:00-11:00 a.m.
Ages	Walking to 5 years old
Fee	Member, complimentary; Non-Member, \$5 per family visit

OPEN GYMNASTICS

Explore and enjoy our gymnastics area. An adult must accompany children.

Day/Time	Mon., Wed. & Fri., 6:00-7:00 p.m.
Ages	10 years and younger (with parent)
Fee	Member, complimentary

TAEKWONDO

Purchase a punch card at the front desk. Contact Max Strate, Fifth Degree Black Belt.

Fee	Member, \$6.50 per class; Non-Member, \$11.50 per class
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Beginner Taekwondo

For children and adults new to martial arts. Learn fundamentals with plenty of one-on-one time. Day/Time Wed., 5:00-5:30 p.m.

Advanced Taekwondo

For those who want to further develop their skills. Learn stretches, kicks, punches, belt forms and self-defense. Weapons training is also available after appropriate rank is achieved. Day/Time Wed., 5:30-6:30 p.m.

PARTIES AND RENTALS

Birthday Pool Party

Enjoy their birthday at the Y! A Birthday Pool Party for your child and 11 friends includes 1½ hour party, cupcakes, ice cream, drinks, paper goods, set-up and clean-up, and swimming time. Contact Tiffany Petts at ext. 37 to schedule. **A \$20 non-refundable deposit must be paid within 48 hours of reservation.**

Ages	6+ years (unless accompanied by adult in the water)
Fee	Private party: Member, \$120; Non-Member, \$140 Semi-private party: Member, \$100; Non-Member, \$120 Each additional child, \$4



Gymnastics Birthday Party

Your 1½ hour party includes cupcakes, ice cream, drinks, paper goods, set-up and clean-up, and a staff person on hand. Contact Abby Carrie at ext. 23 to schedule. **A \$20 non-refundable deposit is required within 48 hours of reservation.**

Ages	6+ years (unless accompanied by adult)
Fee	Up to 12 children - Member \$120; Non-Member \$140 Each additional child, \$4

Racquetball Court Rental

Fee	Member \$35; Non-Member \$45 per hr
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Gymnastics Rental

Includes Y staff member on site. Contact Abby Carrie at ext. 23 to schedule.

Fee	Up to 20 people - Member \$65; Non-Member \$80 per hr 21 to 40 people - Member \$70; Non-Member \$85 per hr 41 to 60 people - Member \$75; Non-Member \$90 per hour
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All rentals require a \$20 non-refundable deposit paid within 48 hours of reservation.

Gym Rental

Fee Member \$45 per hr; Non-Member \$55 per hr

Pool Rental

Lifeguards on duty during your rental.

Fee Up to 20 people - Member \$75;
Non-Member \$90 per hr
21 to 40 people - Member \$85;
Non-Member \$100 per hr
41 to 60 people - Member \$95;
Non-Member \$110 per hr



Lock-In

Overnight use of racquetball courts, gym 1 (includes sports wall), and 1-hour pool rental with lifeguard. The Y provides a building supervisor. Renter must provide six adults supervisors for up to 50 people. Typical time is 9:00 p.m.–6:00 a.m.

Fee Member \$280; Non-Member \$330, Each Addt'l Person, \$1

Arts & Crafts Building

Full use of kitchen, restroom, tables and chairs, and outdoor playground and picnic area.

Fee Member \$50; Non-Member \$60 per hr

Senior Center Rental

Contact Nola Davis at
(812) 882-2285 for information.

Multiple Area Rental

Create a night of fun for your group. Choose 3 of the following areas: gym 1 (includes sports wall), gym 2, gymnastics, racquetball courts, pool for 3 hours for up to 50 people.

Fee Member \$160; Non-Member \$190; Each Addt'l Person, \$1

All rentals require a \$20 non-refundable deposit paid within 48 hours of reservation.

YMCA Bettye J. McCormick Center

Enhanced Adult Day Service – Keep your independence. The Y is here to help you or your loved ones do just that. We provide daily care for older adults based on individual needs. We have a registered nurse on staff and we can provide transportation, too. Our program has achieved accreditation from CARF, an organization focused on advancing the quality of community services. Visit us or call for more information.

Services include:

Assistance with Shopping, Bills and Forms	Bathing and Hygiene Care
Certified Aides and Therapeutic Programmer	Medication Administration
Comprehensive On-Site Medical Assistance	Outings and Exercise
Escort Service to Doctor's Appointments	Respite Care
Private Sitting and Dining	Two Meals and Daily Snack
Weekly Health Review	Assistance with Personal Goals

Payment options include: BDDS, Choice, Medicaid Waiver, private payment, private insurance and more.

Lunch at the Center

Enjoy a hot, nutritious, home-cooked plate lunch with your friends. Please give us 24-hour notice.

Day/Time Mon.-Fri., Noon

Fee 60+-\$1; Guests Under 60-\$3 (Must accompany a senior 60+)

Health Screenings

We're here to help you take charge of your health. Please call us for information about screenings offered at the Senior Center:

Blood Pressure	Cholesterol & Senior Smart Series	Support Groups
Glucose Screening	Flu/Pneumonia Clinic	

Woodworking Shop

A full-service shop open to the public for your woodworking needs and repairs. Custom-built pieces are available. The shop is open for ages 60+ to work on their projects and hobbies.

Day/Time Mon.-Fri., 9:00a.m.-1:00p.m.

HEALTH & RECREATION

Stay active and connected with Senior Center programs, services and clubs.

Call or visit for more information:

Bingo	Birthday Parties	Euchre Club
Book Club	Frogger's Crochet Club	Travel Group
Computer Lab	Exercise Equipment-Groups	Crafts
Grandmother's Club	Story time	Red Hat Society
Hand Bell Choir	Feeling Fantastic Club	Buddy Walks

Safe, reliable, convenient and handicapped accessible public transportation system for everyone. YMCA VanGo will take you wherever you need or desire, no matter your age or abilities. With county routes available, we help many people get to work and offer door-to-door service for everyone who needs it.

Day/Time Mon.-Fri. - 7:00 a.m. – 5:00 p.m. **Phone** (812) 886-3381

YMCA VanGo fares are \$2 each way within the city of Vincennes. County fares are based on destination. A student discount is available for those with a valid Vincennes University ID.

Ride to work, the doctor's office, shopping, salon, movies, laundromat, bowling, restaurants, therapy, school ... the list is endless!

We go wherever you go!

Rides are scheduled on a first come, first serve basis. Dependent on the availability of vans and drivers, every attempt will be made to accommodate each rider. **We request at least 24 hours advance notice for rides.** Rides with less than 24 hours notice are subject to an additional charge.

And, to Vincennes University students, we offer **FREE** shopping routes twice a week from campus.

Our drivers are ready to help! Please let our dispatchers know if you need assistance to and from the van or if you require an aide to assist you during the ride.



**HELP OTHERS IN OUR COMMUNITY:
BECOME A VANGO DRIVER!**



PUTTING FOR THE KIDS

**YMCA/Memering Motorplex
Golf Outing**

**Wednesday, June 20, 2018
Country Club of Old Vincennes**

To play, sponsor or donate
contact Bridgett Bilskie at
bbilskie@vincennesymca.org.